



ENHANCEMENT OF OXYGEN TRANSFER

What is it?

Methods of oxygen transfer include blood doping and the use of products that enhance the uptake, transport or delivery of oxygen e.g. Perflurochemicals and RSR13. Blood doping is the administration of autologous, homologous or heterologous blood or related red blood products to an athlete other than for legitimate medical treatment. Blood may be withdrawn from an athlete several weeks before a competition and re-infused or donated blood may be infused.

How would it be used to cheat in sport?

Research has shown that blood doping increases the aerobic capacity and therefore may increase endurance performances. Therefore athletes involved in endurance activities such as long distance running, cycling, skiing or swimming might benefit from the use of this practice.

Potential harmful side effects.

- Blood clots which cause strokes (embolism)
- Life threatening hypersensitivity reaction (anaphylactic shock) and other transfusion

reactions, such as increased breakdown of transfused blood if incompatible blood is transfused

- Infections (hepatitis, AIDS) from donor blood which has not been screened for viruses, or from sharing needles
- Allergic reactions (fever, rash, etcetera)

What else you should know

Blood doping is prohibited in-competition and out-of-competition.

It is listed under the heading of Prohibited Methods on the World Anti-Doping Prohibited List. You will find more information about EPO on the fact sheet about Hormones and Related Substances.

This fact-sheet is deliberately concise

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DON'T THROW IT ALL AWAY